



CAFE KNITTING SOCKS

BY STEPHEN WEST

Choose three colors of fingering weight sock yarn and fade them together for these beginner friendly socks. This pattern is knit top-down with slip stitches and garter stitch on the leg. The instructions include notes to help you fade three colorways together, but feel free to use as many shades as you like. Video links are included to help you cast on, work the heel flap, and bind off with grafting the toe stitches. Enjoy this simple relaxing sock project as your beautiful hand-dyed colors shine!



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Sizes: 1 [2, 3, 4, 5]

Finished Measurements: 6 [7.5, 9, 10.5, 12]" / 15 [19, 23, 27, 30]cm leg and foot circumference. Measurements taken after blocking.

Size 3 shown on a size US 13 / EU 47 size foot that has a 10.5" / 27cm foot circumference. The sock fits with 1.5" / 4cm of negative ease.

Socks are designed to fit an actual foot circumference of 7 [8.5, 10, 11.5, 13]" / 18 [22, 25, 29, 33]cm. The socks are designed to fit with negative ease. Choose a size with a finished foot circumference measurement that is approximately 1" / 2.5cm smaller than your actual foot circumference so that the sock will fit nice and snug on your foot.

The lengths of the cuff, leg, and foot are easily customizable by knitting more pattern repeats for a longer leg or foot or fewer pattern repeats for a shorter leg or foot.

Yarn: Fingering weight

Yardage: Approximately 225 (355, 480, 605, 740)yds / 206 (325, 439, 553, 677)m total

Color A - 76 (121, 163, 206, 252)yds / 69 (111, 149, 188, 230)m
Color B - 97 (153, 206, 260, 318)yds / 89 (140, 188, 238, 291)m
Color C - 52 (81, 111, 139, 170)yds / 48 (74, 102, 127, 156)m

I recommend having a bit more than the total recommended yardage to give yourself more freedom with your faded color transitions.

Shown in: Dark Omen Merino Sock (75% Superwash Merino Wool, 25% Nylon; 464yds / 425m per 100g skein)

Color A - New Beginnings (lightest color)

Color B - Haarlemmerdijk

Color C - Amsterdam (darkest color)

Needles: US 1 / 2.25mm circular in 40" / 100cm length or size needed to obtain gauge

Magic loop method is used for knitting in the rnd. Watch this Westknits video to assist with the Magic Loop technique.
<https://youtu.be/hpFHbHmrCcc>

You can use DPNs if you prefer. Watch this Westknits video to assist with using DPNs.
<https://youtu.be/y9bvVy08PeE>

Notions: 3 stitch markers, tapestry needle

Gauge: 32 sts & 52 rnds = 4" / 10cm in waffle rib pattern after blocking



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Abbreviations

CO: cast on

k: knit

k2tog: knit 2 sts together

m: marker

p: purl

p2tog: purl 2 sts together

pm: place marker

rnd/s: round/s

RS: right side

sl: slip stitch purl-wise unless instructed otherwise

slm: slip marker

ssk: (slip slip knit) slip first stitch knit-wise, slip second stitch knit-wise, knit those 2 sts together tbl

st/s: stitch/es

tbl: through back loop

WS: wrong side

wyib: with yarn in back

wyif: with yarn in front



INSTRUCTIONS

Cuff

Watch this Westknits video to assist with the German Twisted CO.

<https://youtu.be/K60RcmjJqiw>

Using A, CO 48 [60, 72, 84, 96] sts using the German Twisted CO method. Place marker and join to work in the rnd, being careful not to twist sts.

(K2, p2) to end of rnd.

Repeat last rnd 30 more times or until the ribbing measures approximately 2.5" / 6cm. The total leg length will be about 7" / 18cm before working the Heel Flap.

Leg

Carry colors A & B along the inside of the sock while striping colors.

Pattern Repeat

Rnd 1: Using A, k to end of rnd.

Rnd 2: P24 [30, 36, 42, 48], k to end of rnd.

Rnd 3: Using B, k24 [30, 36, 42, 48], (sl1 wyib, k1) to end of rnd.

Rnd 4: P24 [30, 36, 42, 48], (sl1 wyib, p1) to end of rnd.

Rnd 5: Using A, k to end of rnd.

Rnd 6: P24 [30, 36, 42, 48], k to end of rnd.

Rnd 7: Using B, k24 [30, 36, 42, 48], (k1, sl1 wyib) to end of rnd.

Rnd 8: P24 [30, 36, 42, 48], (p1, sl1 wyib) to end of rnd.

Repeat Rnds 1 – 8 of Pattern Repeat until the Leg measures approximately 7" / 18cm including the Cuff or until the Leg reaches your desired length. Finish the Leg after completing Rnd 8. Break color A.

Heel Flap

Watch this video to assist with the heel flap.

<https://youtu.be/KRZiGnnBPjo>

You will use half of your sts to do a garter stitch heel flap. The first 24 [30, 36, 42, 48] sts are used for the heel flap. Leave the remaining 24 [30, 36, 42, 48] sts on your needle to work later.

Row 1 (RS): Using B, k23 [29, 35, 41, 47], sl1 wyif, turn to work WS.

Row 2 (WS): K23 [29, 35, 41, 47], sl1 wyif, turn to work RS.

Repeat last 2 rows 11 [14, 17, 20, 23] more times, resulting in 12 [15, 18, 21, 24] garter ridges on the RS.

Heel Turn

Row 1 (RS): K14 [17, 20, 23, 26], ssk, k1. Turn to work WS.

Row 2 (WS): Sl1 purl-wise wyif, p5, p2tog, p1. Turn to work RS.

Heel Turn Pattern Repeat

Row 1 (RS): S1 knit-wise wyib, k to 1 st before gap, ssk, k1, turn to work WS.

Row 2 (WS): Sl1 purl-wise wyif, p to 1 st before gap, p2tog, p1, turn to work RS.

Repeat last 2 rows until you have worked all the way to each end. You should have 14 [18, 20, 24, 26] sts on your needle after you have turned the heel. If you are missing a stitch or two or if you have one or two extra sts, you can sneak in a decrease or increase during the next rnd.



Gusset

The slip stitch pattern continues on the top of the foot. The bottom of the foot is knitted in stockinette stitch. If you are knitting with DPNs, you can place a split ring marker in the fabric when it says to “PM” rather than on your needle to help mark the decrease locations. Rnd 1 is written on several lines for easier reading.

Rnd 1 (RS): Using B, k7 [9, 10, 12, 13] sts from the heel. PM to mark the new beginning of rnd at the center of the heel. K7 [9, 10, 12, 13].

Pick up and k12 [15, 18, 21, 24] sts along the left edge of the garter stitch heel flap, pm.

K24 [30, 36, 42, 48] (these are the other half of the sts from the leg), pm.

Pick up and k12 [15, 18, 21, 24] along the right edge of the garter stitch heel flap.

K7 [9, 10, 12, 13].

You should now be at the beginning of the rnd at the center of the heel flap.

62 [78, 92, 108, 122] sts.

Rnd 2: K to m, slm, k to m, slm, k to end of rnd.

Pattern Repeat

Rnd 3: Using C, k to 2 sts before m, k2tog, slm, (sl1 wyib, k1) to m, slm, ssk, k to end of rnd. 2 sts decreased.

Rnd 4: K to m, slm, (sl1 wyib, p1) to m, slm, k to end of rnd.

Rnd 5: Using B, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

Rnd 6: K to m, slm, k to m, slm, k to end of rnd.

Rnd 7: Using C, k to 2 sts before m, k2tog, slm, (k1, sl1 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

Rnd 8: K to m, slm, (p1, sl1 wyib) to m, slm, k to end of rnd.

Rnd 9: Using B, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

Rnd 10: K to m, slm, k to m, slm, k to end of rnd.

Size 1 Only

Rnds 11 – 16: Repeat Rnds 3 – 8 of Pattern Repeat once more. 48 sts.

Skip ahead to Rnd 7 of Foot instructions.

Size 2 Only

Rnds 11 – 20: Repeat Rnds 3 – 10 of Pattern Repeat once more, then repeat Rnds 3 & 4 once more. 60 sts.

Skip ahead to Rnd 3 of Foot instructions.

Size 3 Only

Rnds 11 – 22: Repeat Rnds 3 – 10 of Pattern Repeat once more, then Repeat Rnds 3 – 6 once more. 72 sts.

Skip ahead to Rnd 5 of Foot instructions.

Size 4 Only

Rnds 11 – 26: Repeat Rnds 3 – 10 of Pattern Repeat twice more. 84 sts.

Skip ahead to Rnd 1 of Foot instructions.

Size 5 Only

Rnds 11 – 28: Repeat Rnds 3 – 10 of Pattern Repeat twice more, then repeat Rnds 3 & 4 once more. 96 sts.

Skip ahead to Rnd 3 of Foot instructions.



Foot

Pattern Repeat

Rnd 1: Using C, k to m, slm, (sl1 wyib, k1) to m, slm, k to end of rnd.

Rnd 2: K to m, slm, (sl1 wyib, p1) to m, slm, k to end of rnd.

Rnd 3: Using B, k to m, slm, k to m, slm, k to end of rnd.

Rnd 4: K to m, slm, k to m, slm, k to end of rnd.

Rnd 5: Using C, k to m, slm, (k1, sl1 wyib) to m, slm, k to end of rnd.

Rnd 6: K to m, slm, (p1, sl1 wyib) to m, slm, k to end of rnd.

Rnd 7: Using B, k to m, slm, k to m, slm, k to end of rnd.

Rnd 8: K to m, slm, k to m, slm, k to end of rnd.

Repeat Rnds 1 – 8 of Pattern Repeat until your sock reaches just below the top of your smallest toe. Then you should be ready for the toe decreases. End the foot after completing Rnd 2 or Rnd 6.

Break color B.

Toe

The toe section measures approximately 1 [1.5, 1.75, 2, 3]" / 3 [4, 4, 5, 8]cm long.

Remove the beginning of rnd marker. Using C, k to the stitch marker that divides the stockinette stitch from the textured sts. This stitch marker is the new beginning of rnd marker.

Pattern Repeat

Rnd 1: K1, ssk, k to 3 sts before m k2tog, k1, slm, k1, ssk, k to 3 sts before end of rnd, k2tog, k1. 4 sts decreased.

Rnd 2: K all sts.

Repeat last 2 rnds 5 [7, 8, 9, 11] more times. 24 [28, 36, 44, 48] sts.

Repeat Rnd 1 of Pattern Repeat 3 [3, 4, 6, 7] more times. 12 [16, 20, 20, 20] sts.

Graft the remaining sts together. Watch this Westknits video to assist with grafting stitches together.

<https://youtu.be/Vks4ERYhU44>

Repeat all instructions for the second sock.



FINISHING

Weave in ends and wet block the finished socks to smooth the fabric.

Watch this Westknits video to assist with weaving in the ends.

<https://youtu.be/33NkCgk27rQ>

